

ALL TIME FCIAC GIRLS RECORDS

| Event | Perf | Name | School | Year |
|--------|------------|------------------------------------|-------------|------------------------|
| 100 | 11.65 +5.0 | Teyanna Green | Danbury | 2010 State Open |
| | 11.75 +2.0 | Shellyan Lindo | McMahon | 2012 New Englands |
| 200 | 24.00 +2.5 | Alanna Smith | Danbury | 2021 Outdoor Nationals |
| | 24.40 +1.6 | Teyanna Green | Danbury | 2010 State Open |
| 400 | 55.49 | Alanna Smith | Danbury | 2019 New Englands |
| 800 | 2:09.85 | Vanessa Thompson | St. Mary's | Former State Record |
| 1500 | 4:23.3 | Ceci Hopp | Greenwich | 1981 Class L |
| Mile | 4:42.60 | Ceci Hopp | Greenwich | 1981 |
| 3000 | 9:21.0 | Ceci Hopp | Greenwich | 1981 JR Nats |
| 3200 | 10:10.26 | Hannah DeBalsi | Staples | 2013 NE |
| 2mile | 9:55.05 | Hannah DeBalsi | Staples | 2014 Brooks PR Invite |
| 5000 | 16:28.71 | Claire Howlett | Westhill | 2014 Spartan Midnight |
| 10000 | 35:53.9 HT | Cindy Davis | Darien | 1988 USATF JR Nats |
| 100HH | 14.10 +2.8 | Tess Stapleton | Fld Ludlowe | 2019 State Open |
| | 14.16 -1.3 | Bridget Chiaravalle | Danbury | 2016 State Open |
| 300IH | 43.41 | Leslie Nixon , | Staples | 1984 |
| 400IH | 59.62 | Leslie Nixon , | Staples | JO Nationals |
| 2000SC | 7:06.85 | Anne Johnson | Darien | 2014 NBON |
| 4x100m | 46.62 | Walton, Greene, Docemus, Greene | Danbury | 2008 Class LL |
| 4x200m | 1:43.14 | Bunn, Chiaravalle, Souza, Porcenat | Danbury | 2016 NBON |

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|----------|----------|-----------------------------------------|-------------|----------------------|
| 4 x 400m | 3:50.84 | Greene, Campbell, Greene, Walton | Danbury | State Open |
| 4 x 800m | 9:06.83 | Rosenfeld, Teitsworth, Murdoch, Heaslip | Ridgefield | 2005 NON |
| SMR | 4:07.66 | Simon, Petruzzelli, Damron, Jasminsky | Ridgefield | 2017 Somers |
| DMR | 11:46.20 | Hafnawy, Wiener, Scanlan, DeBalsi | Staples | 2014 NBON |
| 4 x mile | 21:30.02 | Guillaume, Carr, Fleming, Hergenrother | Ridgefield | 2013 NBON |
| PV | 12'6.25 | Robin Bone | Darien | 2010 FCIACs |
| LJ | 19'3.5 | Catherine Lacy | Darien HS | 2013 NEHS |
| TJ | 38'10 | Nia Christie | St. Joseph | 2021 Bloomfield Mini |
| HJ | 5'10 | Leslie Nixon | Staples | 1984 |
| SP | 49'4 | Tanisha McMillian | Stamford | 2006 Open |
| Disc | 132'2 | Tanisha McMillian | Stanford | 2006 |
| Jav | 152'7 | Ellie Gravette | Ridgefield | 2013 FCIACs |
| Old Jav | 143'4 | Dolly Gardella | Norwalk | 1974 |
| Hammer | 140'8 | Caitlyn Fillodmo | Fld Ludlowe | 2021 Hillhouse Meet |
| Hept | 4352* | Mary Kennan | Danbury | Bethel Hept |

*adjusted to current IAAF tables

Updated 4/1/22

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